

# Week One — AI Training Foundations

## Day 1 — Getting Oriented with Serenity

- What Serenity is (Thinking AI vs. out-of-the-box ChatGPT).
- Core commands: Morning Report, Training, Profile Building.
- Live demo: build your personal profile inside Serenity.

## Day 2 — First AI Wins

- Practice small daily uses: brainstorming, outlining, summarizing.
- Learn the difference between “static” (stored knowledge) and “active” (working projects).
- Exercise: run your first 'Serenity, morning report' and interpret the sections.

## Day 3 — Core Tools & Confidence

- Introduce Mid-journey (or another creative tool) to show practical AI visuals.
- How to go from C-level to A-level using Serenity as the amplifier.
- Confidence Loop: making AI a partner, not a replacement.

## Day 4 — Building Tracks

- Deep dive into Active vs. Static Tracks (Serenity's memory system).
- Create one Active Track for a real project.
- Create one Static Track for training or reference.

## Day 5 — The First “Hub” Experience

- What a Hub is (distressed, investor, marketing, etc.).
- How Hubs connect Tracks and make information retrieval easy.
- Live exercise: call up one Hub and explore its data flow.

## Day 6 — Proof of Work

- The power of showing AI work products (PDF, CMA, one-pager).
- Hands-on: generate one polished deliverable you could show a client.
- Discussion: how Serenity removes “guesswork” from daily tasks.

## Day 7 — Weekly Wrap & Vision

- Review: What you accomplished this week.
- 'Catch the Vision' session: where AI fits in your real estate or business.
- Q&A; with Serenity (practice session): ask 'what did I learn this week?'